Homeland Security & Emergency Preparedness 7 Day Survival Kit

Take the next 24 weeks and build a 7 Day Survival Kit!

Be Prepared!

Some find it difficult to put together a disaster preparedness kit, but using this easy-to-follow Preparedness Supplies Calendar will help you and your family take the anxiety and frustration out of preparing for emergencies or disasters by ensuring you have enough supplies to last seven days or until help arrives.

DIVISION OF HOMELAND SECURITY & EMERGENCY MANAGEMENT
STATE OF ALASKA

"...through partnerships, leading the way in emergency management"

Week 1

- ☐ 1 gallon of water*
- ☐ 1 jar peanut butter
- ☐ 2 large cans juice*
- ☐ 2 cans meat*
- ☐ 1 hand-operated can opener
- ☐ Permanent marker
- ☐ Pet food
- ☐ Diapers
- ☐ Baby food

Things To Do:

- ☐ Date perishable items with marker
- ☐ Decide on and notify out-of-area contact who can coordinate information for scattered family members

*Per Person

Week 2

- ☐ Heavy cotton or hemp rope
- ☐ Duct tape
- ☐ 2 flashlights with batteries
- ☐ Waterproof matches for outside use ONLY with appropriate stove or grill
- ☐ Leash or pet carrier
- ☐ Extra set of I.D. tags

Things To Do:

- ☐ Sign up for First Aid/CPR classes at your local Red Cross location

Week 3

- ☐ 1 gallon of water*
- ☐ 2 cans meat*
- ☐ 2 cans fruit*
- ☐ Feminine hygiene supplies
- ☐ Paper & pen
- ☐ Local map
- ☐ Pain reliever
- ☐ Laxative
- ☐ 1 gallon of water for each pet

Things To Do:

- ☐ Find out about what kinds of disasters can happen in your area
- ☐ Encourage your neighbors to develop their own plans

*Per Person

Week 4

- ☐ Flashing safety light or light wand
- ☐ Compass
- ☐ Medicines/ perscriptions marked "For Emergency Use"
- ☐ Contact lens supplies

Things To Do:

- ☐ Develop a family disaster plan including where to meet if seperated, name and number of out-of-area contact, kinds of information to give that contact in an emergency

Week 5

- ☐ 1 gallon of water*
- ☐ 2 cans fruit*
- ☐ 2 cans vegetables*
- ☐ 2 cans meat*
- ☐ 4 rolls of toilet paper*
- ☐ Extra toothbrush*
- ☐ Travel-sized toothpaste
- ☐ Special foods for special dietary needs

Things To Do:

- ☐ Identify escape routes from house for all family members
- ☐ Identify safe places to go in case of fire, flood, earthquake, or other disaster

*Per Person

Week 6

- ☐ Deluxe First Aid kit
- ☐ Safety pins
- ☐ Sunscreen

Things To Do:

- ☐ Practice a drill for each of your evacuation plans
- ☐ Identify storage area for your supplies, such as a closet along an inside wall or several heavy-duty watertight plastic garbage cans that can be stored outside. If using outside storage, ensure that containers are weather and animal proof.

Week 7

- ☐ 2 cans ready-to-eat soup* (Not Concentrated)
- ☐ 2 cans fruit*
- ☐ 2 cans vegetables*
- ☐ Sewing kit
- ☐ Disinfectant
- ☐ 1 gallon water
- ☐ Extra baby supplies (bottles, formula, diapers)

Things To Do:

- ☐ Place a pair of shoes, a flashlight, a whistle, and a pair of work gloves in a plastic grocery bag and tie the bag to your bed frame

*Per Person

Week 8

- ☐ Scissors
- ☐ Tweezers
- ☐ Thermometer
- ☐ Liquid antibacterial hand soap
- ☐ Disposable hand wipes
- ☐ Sewing needles
- ☐ Petroleum jelly or other lubricating cream
- ☐ 2 tongue depressers
- ☐ Extra eye glasses

Week 9

- ☐ 2 cans ready-to-eat soup* (Not Concentrated)
- ☐ Liquid dish soap
- ☐ Household chlorine bleach with medicine dropper for water treatment
- ☐ 1 box heavy-duty garbage bags with ties
- ☐ 1 bottle antacid tablets
- ☐ 1 gallon of water*

Things To Do:

- ☐ Test smoke detectors and replace batteries

*Per Person

Week 10

- ☐ Waterproof portable container for important papers
- ☐ Battery-powered radio
- ☐ Wrench to turn off utilities

Things To Do:

- ☐ Make sure everyone knows where to find the gas and water meter shut-off valves and how to turn them off
- ☐ Attach a wrench near each shut-off valve so it is there when needed

Week 11

- ☐ 2 large cans juice*
- ☐ Large plastic food bags
- ☐ 2 boxes high-energy snacks
- ☐ 3 rolls paper towels

Things To Do:

- ☐ Keep extra battery for cell phone or change for pay phone usage in disaster supplies
- ☐ Locate several pay phones that are near your house

*Per Person

Week 12

- ☐ Pet litter and box
- ☐ Extra water
- ☐ Pet First Aid kit

Things To Do:

- ☐ Make sure that all pet vaccinations are current and obtain medical records from veterinarian for disaster records
- ☐ Keep emergency supply of any special pet medication needs
- ☐ Photocopy important papers and store them safely

Week 13

Things To Do:

- ☐ Add a change of clothes and a pair of shoes for each person in the family to your emergency supplies
- ☐ Put together packets of your favorite and most used spices: salt, pepper, sugar, etc.
- ☐ Put aside utensils, cups, plates, and bowls for each person
- ☐ Make sure all perishables have been dated
- ☐ 1 gallon of water*

*Per Person

Week 14

- ☐ Whistle
- ☐ Extra batteries for flashlights and radio
- ☐ Pry bar

Things To Do:

- ☐ Check with your children's day care center or school about their disaster plans and how parents will be contacted if a disaster happens during business hours

Week 15

- ☐ Pliers
- ☐ Screwdrivers (Phillips & Slotted)
- ☐ Hammer
- ☐ Strapping and fasteners for water heater, bookcases, and computers

Things To Do:

- ☐ Secure water heater, bookcases, computers, and other heavy items that could fall over in an earthquake

Week 16

- ☐ 2 cans fruit*
- ☐ 2 cans meat*
- ☐ 2 cans vegetables*

Things To Do:

- ☐ Develop a disaster supply kit for your vehicles or buy a ready-made kit from your local automotive store
- ☐ Find out if you have a neighborhood safety group and become involved

*Per Person

Week 17

- ☐ "Child-proof" latches or fasteners for cupboards
- ☐ Quakehold museum putty to secure moveable items of shelves

Things To Do:

- ☐ Secure doors and moveable items

Week 18

- ☐ 2 boxes graham crackers
- ☐ Assorted plastic containers with lids
- ☐ 2 boxes dry cereal
- ☐ Special equipment, such as hearing aid batteries, etc.

Things To Do:

- ☐ Arrange for someone to help your children if you are at work and not able to return home during a disaster

Week 19

- ☐ Rubbing alcohol
- ☐ Anti-diarrhea medication
- ☐ Antiseptic ointment

Things To Do:

- ☐ Make sure you have a sleeping bag and a blanket for each member of your family

Week 20

- ☐ 2 cans meat*
- ☐ 2 cans vegetables*
- ☐ 2 boxes facial tissue
- ☐ 2 boxes quick energy snacks
- ☐ Dried fruits and nuts

Things To Do:

- ☐ Assemble an activity box with playing cards, games, and other favorite toys

*Per Person

Week 21

- ☐ Plastic bucket with tight lid for toileting needs*
- ☐ Plastic sheeting
- ☐ Any denture care supplies

Things To Do:

- ☐ Review your insurance coverage with your insurance agent to be sure you are covered for whatever disasters may occur in your area

*Per Person

Week 22

- ☐ 2 boxes quick-energy snacks
- ☐ Comfort foods (candy bars, cookies, etc.)
- ☐ Plastic wrap
- ☐ Aluminum foil

Things To Do:

- ☐ Purchase and install emergency escape ladders for upper floor windows

Week 23

- ☐ Camping or utility knife
- ☐ Work gloves
- ☐ Safety goggles
- ☐ Disposable dust mask*

Things To Do:

- ☐ Photograph or video tape the contents of your home and send them to an out-of-town friend or relative to store

*Per Person

Week 24

Things To Do:

- ☐ Begin rotating water and food stores, replacing those purchased during Week One. Check that storage area is safe and dry. Continue rotation each month so that fresh stores are always on hand.

Division of Homeland Security & Emergency Management

P.O. Box 5750
Building 49000, Suite B-210
Ft. Richardson, Alaska
99505-5750

1-907-428-7000
1-800-478-2337

www.ak-prepared.com